

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

Please cancel claims 1-22.

Claim 23. (New) A method of recovering a constituent of a board material comprised of a matrix of adhesively bonded lignocellulosic elements, the method comprising

(a) swelling the material by subjecting the material to a combination of (i) electromagnetic radiation and (ii) soaking or immersion in a liquid medium, wherein the electromagnetic radiation has a frequency in the range of from  $896 \pm 20$  MHz to  $2450 \pm 25$  MHz or a frequency in the range of from 100 kHz to 100 MHz, and

(b) recovering the constituent.

Claim 24. (New) A method as claimed in claim 1, wherein the electromagnetic radiation has a frequency of  $896 \pm 20$  MHz.

Claim 25. (New) A method as claimed in claim 1, wherein the electromagnetic radiation has a frequency of  $2450 \pm 25$  MHz.

Claim 26. (New) A method as claimed in claim 1, wherein the electromagnetic radiation has a frequency in the range of from 10 MHz to 50 MHz.

Claim 27. (New) A method as claimed in claim 1, wherein the power of the electromagnetic radiation is in the range of from 500 W to 30 kW.

Claim 28. (New) A method as claimed in claim 1, wherein the liquid medium comprises water.

Claim 29. (New) A method as claimed in claim 1, wherein the liquid medium comprises an organic or inorganic solvent.

Claim 30. (New) A method as claimed in claim 1, wherein the board material is initially subjected to the electromagnetic radiation (step (i)) and then immersed in the liquid medium (step (ii)).

Claim 31. (New) A method as claimed in claim 1, wherein the liquid medium is at elevated temperature.

Claim 32. (New) A method as claimed in claim 31, wherein the liquid medium is at a temperature of from 60° to 90°C.

Claim 33. (New) A method as claimed in claim 1, wherein the board material is immersed in the liquid medium and subjected to the electromagnetic radiation while immersed.

Claim 34. (New) A method as claimed in claim 1, wherein the treated board material is subjected to mechanical agitation in the liquid medium to produce a fibrous suspension.

Claim 35. (New) A method as claimed in claim 34, wherein lignocellulose is recovered from the fibrous suspension.

Claim 36. (New) A method as claimed in claim 35, wherein the lignocellulose is recovered by drying of the suspension.

Claim 37. (New) A method as claimed in claim 1, wherein the board material is lignocellulose based board material and is or comprises a particle board or fibre board.

Claim 38. (New) A method as claimed in claim 37, wherein the lignocellulose based board material is or comprises Medium Density Fibreboard.

Claim 39. (New) A method as claimed in claim 1, wherein the electromagnetic radiation comprises microwaves.

Claim 40. (New) A method as claimed in claim 1, wherein the electromagnetic radiation comprises radio frequency (RF) waves.

Claim 41. (New) A method of recovering a lignocellulose constituent of a board material comprised of a matrix of adhesively bonded lignocellulosic elements, the method comprising

(a) swelling the board material by subjecting the board material to a combination of (i) electromagnetic radiation having a frequency in the range of from 10 MHz to 2500 MHz and a power level in the range of from 500 W to 30 kW, and (ii) soaking or immersion in a liquid medium at a temperature in the range of 60 C to 90 C,

- (b) mechanically agitating the board material in the liquid medium to produce a fibrous suspension, and
- (c) recovering the lignocellulose constituent from the fibrous suspension.

Claim 42. (New) A method of recovering a lignocellulose constituent of a board material comprised of a matrix of adhesively bonded lignocellulosic elements, the method comprising

(a) swelling the board material by (i) subjecting the board material to electromagnetic radiation having a frequency in the range of from 10 MHz to 2500 MHz and a power level in the range of from 500 W to 30 kW for between 30 and 90 seconds, followed within 5 to 15 seconds by (ii) soaking or immersion in a liquid medium at a temperature in the range of 60 C to 90 C for between 10 and 25 minutes,

(b) mechanically agitating the board material in the liquid medium to produce a fibrous suspension, and

(c) recovering the lignocellulose constituent from the fibrous suspension.